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JAN 18 1933
U. S. D. A.

HOUSEKEEPERS' CHAT

Wednesday, January 18, 1933.

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(FOR BROADCAST USE ONLY)

Subject: "An Oven Dinner." Information from the Bureau of Home Economics,
U.S.D.A.

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Two promises to keep today. That means a very full program. Promise No. 1, I made you on Monday -- a recipe for a very special omelet -- rice omelet with apricots. Promise No. 2 is for a baked dinner menu for a cold January day.

Have you a pencil with a sturdy point? And a paper with plenty of space to write two recipes and a menu? All right. Let's start with the omelet. This omelet recipe I'm about to give you deserves a permanent place in your recipe file or notebook for several reasons. First, of course, it's very good, as good as any omelet you ever tasted. Second, it's inexpensive. Third, it's unusual -- something different for your luncheon or dinner. And fourth, this omelet is a very good way of using dried apricots, some of the valuable dried fruits we were talking about on Monday.

So here's the recipe for this omelet. You'll need seven ingredients:

3 eggs	1 1/2 cups cooked flaky rice
1/2 cup cold milk	1 tablespoon fat
1 tablespoon flour	1 cup cooked apricot pulp
1/4 teaspoon salt	

Separate the eggs and beat the yolks thoroughly. Make a sauce with the milk, flour and salt. Heat the rice in the sauce and add to the egg yolks. Fold in the well-beaten whites of the eggs. Have ready and hot a skillet containing the fat, and pour the egg mixture into the pan. Heat the omelet slowly and move the pan about so that the omelet will cook around the edge at the same rate as in the center. As soon as the omelet has browned lightly on the bottom and sides and set, place under a low broiler flame for 2 or 3 minutes. When the omelet is done crease it through the center, spread the apricot pulp, slightly sweetened on one half of the omelet, fold over and serve immediately.

So much for the omelet recipe. Now to plan our dinner. In these economy days all of us are interested in saving fuel. If you're cooking by gas or electricity, a good rule to remember for fuel saving is: Concentrate your cooking in one spot as much as possible. For example, if you use the oven at all, use it to capacity. If you are having one baked dish on the menu, have as many others as your oven will hold. Of course, this takes careful planning. You must select several dishes that require about the same oven temperature and the same time for baking. In today's menu we're having two baked vegetables and a baked dessert. The meat you can cook either in the oven or on top of the stove, depending on how much space you have in your oven. Here's the menu: Swiss steak with tomatoes; Baked stuffed onions; Baked potatoes, and for dessert; Hot cinnamon buns, fresh-baked or heated, and coffee.

Once more: Swiss steak with tomatoes; Baked stuffed onions; Baked potatoes; and for dessert, Hot cinnamon buns and coffee.

I don't know who invented Swiss steak. Perhaps it was some clever Swiss cook. But it's certainly an old favorite with us Americans. It's inexpensive, excellent in flavor and has plenty of good gravy. For Swiss steak you can use any of the less tender lean steaks -- round steak, for example, or rump, flank, shoulder or chuck steak. Ask your butcher for a slice cut two and a half inches thick. Long slow cooking with moist heat is the rule for making any of the less expensive cuts tender. And this rule holds for Swiss steak. But you have two other good devices for making this meat tender. Before cooking the meat you beat flour, salt and pepper into it with a meat pounder. The beating helps make the meat tender and the flour absorbs the juice. Then you cover the meat with tomato pulp and juice and simmer it for about two hours. The acid in the tomatoes helps make the meat tender. As we just mentioned, you can simmer this meat in a covered skillet on top of the stove, or you can cook it in a covered dish in the oven.

Now for the recipe for baked stuffed onions -- another very good winter dish. Seven ingredients in this recipe.

5 large mild onions	2 cups bread crumbs
3 tablespoons butter or other fat	1 teaspoon salt
1/2 cup chopped celery	Pepper
2 tablespoons chopped parsley	

I'll repeat those ingredients (Repeat)

Skin the onions, cut in half crosswise, simmer in salted water until almost tender, and drain. Remove the centers without disturbing the outer layers and chop fine. Melt 2 tablespoons of the fat in a skillet, add the chopped onion, celery, parsley, and cook for a few minutes. Push the vegetables to one side, melt the remaining fat and add to it the bread crumbs, salt, and pepper, then combine with the vegetables. Fill the onion shells with the stuffing, cover, and bake in a moderate oven for about 30 minutes, or until the onions are tender. Remove the cover from the baking dish during the last of the cooking so the onions will brown on top.

